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Volume 47, No. 6 ISSUE 557 **OCTOBER 1998**

REMEMBERING THE DEPARTED

On October 26/November 8 we remember St. Demetrius the Great Martyr. He is also identified as the Myrrh-Flowing. He is one of the bright stars of our Faith who illuminates the spiritual celestial of our Church because he lived in Jesus Christ and struggled until death through his self-sacrifice for the spread and the establishment of the teachings of Christ. He was called Myrrh-Flowing because, for many centuries, a fragrance of holy myrrh flows from his grave, which cures every illness of a person, who, with faith, asks for restoration of their health. His relics are to be found in Salonika, Greece.

On the Saturday before St. Demetrius Day, a special commemoration is made for all those who have departed. This service is much like the one the 2nd, 3rd, 4th Saturday of Great Lent and the Saturday before Pentecost.

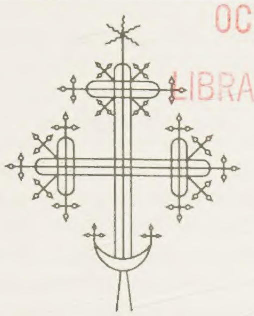
Why does the Orthodox Church set aside certain days for remembering the departed?

The body of the Christian is the temple of the living God. For this reason, it is laid to rest in the grave as a candidate to resurrection.

Christian burial-places are called in Greek *koimeteria* (cemetery), which means "sleeping places." For the Christian, death is but a sleep, and bodies laid to rest in a cemetery are merely sleeping, in the expectation of a resurrection in another life.

St. John Chrysostom tells us the dead are not so much to be lamented as helped with prayers, supplications, alms and offerings. Such things were not designed in vain, nor is it without reason that, in the celebration of the Divine Liturgy, we mention the dead, interceding for them with Christ the Lamb who is slain to take away the sins of the world. From all this, some consolation will go up to them. Neither is it in vain that the priest, standing at the altar during the celebration of the Divine Liturgy, prays: "We offer You this sacrifice for all who are asleep in Christ and all who make commemorations in their honor ..."

(Continued on Page 33,Col. 1)



This is number 9 in the series of wrought-iron crosses removed from Eastern Christian Churches in the Lemko/Galician/Austro-Hungarian area which is now in southern Poland. Many have been removed in the last few decades.

There are many three-ended crosses placed in many places on the main cross. These symbolize the nails used in the crucifixion. Again we see the crescent on the bottom and the sun on the top of the cross. The sun here is not round but rays as lines of energy can be seen radiating from a common center.

PROTECTION OR POKROV OF THE MOTHER OF GOD

Even though the Protection of the Mother of God is not one of the twelve great Holy Days of the Orthodox Church, it is one of the favorite Holy Days of those of the Slavic tradition. There are many icons painted, many churches are dedicated to the Protection, and many hymns are sung all year 'round asking for her protection. One of the best liked is the one we sing after the Lenten services: "Potvoyou melost / Under your mercy"

On October 1/14 we should all pray that the Mother of God protect us. We know that she can and will by the many recorded events at which she has answered the prayers of believers. The event which we remember this day is one of them. During the reign of Constantine in the 10th century, the Saracens were trying to take Constantinople. They were warring outside the walls with the Christian army. The inhabitants were terror-stricken.

(Continued on Page 33, Col. 1)

OBSERVATIONS ON CARPATHIAN TOURS

In the expanded area of the Carpathians, which includes part of Poland, Slovakia, and Ukraine, the cities are few with many people living in villages. These villages resemble each other, no matter the country, since for many years they were part of the Austro-Hungarian Empire.

Most of the roads in the villages, aside from the main thorofare, are unpaved and have deep ruts. This means that in rainy weather they are muddy, and in dry weather they are dusty. Because of this, shoes and boots are left outside the door much as they are in Hawaii and Japan. Once in the house, a pair of slippers called papuche are put on. There are a few homes that still have dirt floors, which are covered with rugs.

For the most part, the houses still do not have indoor bathrooms, although they have running water. This seems more due to the lack of septic tanks or a sewer system than for lack of toilets, etc. The water from the sinks and tub runs into a little creek, which can be seen along the road. Except for the larger villages which have been hooked up to gas, there is no central heat. The houses are heated with a large ceramic stove, which extends from floor to ceiling. These seem more than adequate. Telephones are being installed at a rapid rate and it is becoming more rare to have to use the one phone which was in a central building in the village.

Electricity is rationed. The power seems to be shut off for a few hours a day, making a kerosene lamp or candles a must item in every home. The typical home has a large TV. Since there is no cable, TV antennas and discs are a common sight. There are few automatic washers and dryers or microwaves. The infrastructure can't handle too many of them. What happens with the electric power if more homes get more conveniences?

Many of the village houses have the kitchens in a separate building much as

(Continued on Page 33, Col. 1)

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News CHRONOLOGY

OCTOBER 1998

THE DEADLINE IS OCTOBER 31 to send filled stockings to children in Albania, Alaska, Ukraine, Belarus, and Russia. The Fifth Annual Christmas Stocking Project could use your help. Write to Christmas Project, PO Box 675, Syosset, NY 11791. Each stocking costs about $3.50 to assemble and fill. The goal is 12,000 stockings.

THE PAN-ORTHODOX TEACHER EDUCATION CONFERENCE will be held from October 16-21 at Antiochian Village in Ligonier, PA. For info, contact Dr. John Boojamra, 4 Evergreen Pl., Demarest, NJ 07627-2417 or call 210/768-8422.

TWO ORTHODOX CHAPLAINS, one from the U.S., the other from Russia, met in Bosnia to discuss problems they face in Bosnia. The Russians have built a chapel at Camp Uglievik, where regular services are held. The American Chaplain, Fr. Baktis travels to Bosnia from Germany monthly to hold services and counsel the Orthodox.

THE XENOPHON MONASTERY on Mt. Athos will be celebrating its 1000 anniversary on Oct. 24-25. Patriarch Bartolomew, Hellenic Republic President Stephanopoulos and Prime Minister Costas Simitis will also attend the celebration.

A 25-VOLUME ENCYCLOPEDIA OF THE ORTHODOX FAITH will be published by the Russian Orthodox Church. The first volume will be completed by the year 2000, with new volumes appearing every 24 months. The encyclopedia will contain 70,000 articles and 50,000 illustrations, many of them in color.

A PILGRIMAGE of 6250 miles from Vladivostok to Moscow is being made by 15 Russian Orthodox pilgrims. They started on 25 May and hope to reach their destination on Christmas (January 7). Each walker is carrying a large icon. The priests in the party intend to celebrate Divine Liturgy and baptize and marry people and set up crosses and establish churches in the communities they pass through. They will be joined in Moscow by other groups of pilgrims who are starting their walks in different areas of the country.

PRESSURE BY THE U.S. SENATE and the threat of withholding about $200 million in foreign aid forced the Russian Ministry of Justice to grant official recognition to the Mormons. Senator Gordon Smith of Oregon, a Mormon, pressured the amendment through the Senate.

THE SITE OF THE BAPTISM OF JESUS on the Jordan River has been closed to pilgrims since 1967 except for 3 days a year. Plans are being made to open it to pilgrims before 2000.

AN ORTHODOX PILGRIMAGE to the British Isles in May of 1999 will be led by Fr. David Belden and Vera Kizoff. Write St. Joseph Church, 275 Wilson Heights Blvd., Toronto, ON, Canada MSH 2V3 or call 1-416-538-6070 or 1-416-537-8300. The pilgrimage will go through England, Scotland, Ireland and Wales.

THE VATICAN'S AMBASSADOR TO RUSSIA, Archbishop John Bukovsky, attended the burial service of the czar and his family. The Archbishop said: "I didn't say a word, nothing. I was just a diplomat there. ... The service was dignified. It was beautiful."

THE BULGARIAN ORTHODOX CHURCH intends to withdraw its membership from the World Council of Churches since "no satisfactory progress has been observed in the multilateral theological dialogue among Christians."

THE ABBOT OF KIEV'S MONASTERY OF THE CAVES, Bishop Paul visited Canada for 25 days in June and July. The Monastery of the Caves was founded in 1051 AD by SS. Anthony and Theodosius. Part of the monastery was returned to the Church in 1988 for the 1000th Anniversary of the Baptism of Kievan Rus. The rest was later returned. Over 1000 relics of saints can be found in the underground caves. The seminary and academy were recently reopened.

AT HOLY MYRRHBEARERS MONASTERY, 144 Bert Washburn Rd., Otego, NY 13825-2265 a new building was added as part of the expansion project. Mother Raphaela thanks all those who contributed funds and time to finish it in time for the blessing. Her phone number is 607/432-3179.

St. Nicholas Parish in Portland, OR was founded as a multi-ethnic parish in 1895. It has just moved into a new $400,000 church designed as a blend of traditional Orthodox and Northwest architecture by Fr. Vinogradov of Wappinger Falls, NY. The design won an award of excellence from the Portland Chapter of the American Institute of Architects.

THE GOVERNMENT OF SLOVAKIA gave the Orthodox Church a former high school building in Medzilaborce. It has been converted to the St. Nicholas Orphanage and a Home for Unwed Mothers.

MYRRH HAS BEEN STREAMING from the icon of St. Nicholas in St. George, Michigan for almost two years. The icon has a small scratch and was sold at a reduced price. It is a simple print, laminated on a particle board. The myrrh covers almost the whole icon and is gathered on cotton placed at the lower edge. The myrrh is very fragrant, smelling strongly of roses. It evaporates quickly, and is not oily.

A PAN-ORTHODOX INSTITUTE will soon be found at Cambridge University in England. The initial focus will be on lay training and will by open to both Orthodox and non-Orthodox. It is also intended to provide training for the Orthodox priesthood. For info: E-mail: jaj23@cam.ac.uk

A NATIONAL CLERGY MEETING WAS HELD IN ALBANIA. Of the 100 clergy, 92 had been ordained since 1992. The rest prior to 1967. When the church was allowed to function in 1991, only 22 clergy had survived the communist era; of these only 5 are still alive. Of the 96 priests ordained since 1992, 92 have finished 3 years of training and education.

DENVER, CO NOW BOASTS OF THE HILL OF ORTHODOXY. High above the gleaming skyline of the "mile high city," with a magnificent view of downtown Denver, the rocky mountains, the Cathedral of the Assumption sits majestically with its landmark gold dome on a beautiful ten-acre site. Plans are being made for an Orthodox village.

•Remembering The Departed

Let us then not grow weary of helping them and praying for them.

Another purpose of prayers for the departed is to lead the living to virtue and holiness by reminding us of death and preparing us for it. Most of the hymns of the Funeral Service point out that earthly comforts, beauty, riches, health and power are God-given favors that should help us get ready for better and more permanent treasures still to come.

Sorrow expressed at the loss of a loved one is a natural feeling consistent with our Orthodox faith, but we should not grieve too long and hard as do those who have no hope in the Resurrection.

•Protection or Pokrov of the Mother of God

They gathered in the church to pray to the Mother of God. In the evening while they were fervently praying for Divine intercession, St. Andrew and St. Epiphanius saw her appear with outstretched arms which were draped with a scarf or veil. This was the sign of her Protection. The Christian army won, freeing the city.

She has appeared to people many times since; among them St. Gregory of Palamas, St. Theophanes, St. John Kronstadt, St. Seraphim and many ordinary people.

Today, her protection is as needed as it was so many centuries ago. Today, she stands in our churches with her arms outstretched awaiting our prayers of need. "Protect us with your precious patronage, and deliver us from all evil, by beseeching your Son, our God, to save our souls."

•Carpathian Tours

was common in our southern states. As in most of Europe, closets are not built in as they are in the U.S. They have a freestanding armoire-a kufer.

Since attics or completed cellars are rare, storage of vegetables is either in a separate dugout or in the part of the cellár which is dug out under the house. Here the cabbage, potatoes, sauerkraut, beets, apples and other fruits and vegetables are preserved for winter use. This kladovka/storage area also has a few barrels of wine, especially around Uzhorod, which is famous for its wines.

Every house is surrounded by a garden and a high full wooden fence. Every inch is cultivated. There are no useless green lawns that must be mowed each week. Most people also have a plot of land away from the house in a community garden. These can be seen on the edges of villages and big cities alike. The gardens are necessary to provide food. Usually kept in the fenced area around the house are a few chickens, ducks, pigs, and goats, which provide meat. It is now common to have a guard dog and, like in America, it is no longer wise to leave the house door or fence gate unlocked.

The houses are kept very clean. It is the usual to see the down pillows and covers airing on the window sills. Colored polyester sheets have not reached here, and the white linen bed clothes are a luxury we don't have.

We miss not making a tour this year. God willing, we will see our dear relatives and friends again next year.

MEDITATION

October 4 - You shall not covet your neighbor's goods.

O Lord, Creator of all things, You gave us dominion over the earth for our own happiness and salvation. But when man was deceived by the shrewdness of the devil, he fell into sin. When his jealousy and lust for others increased, he allowed himself to take his neighbor's goods and possessions. You have commanded us not to covet anything that belongs to others because this deprives them of the fruit of their labors and sacrifices. You said through Your holy Apostle Paul, *"let the thief no longer steal, but rather let him labor, doing honest work with his hands."* Help us to withstand the temptations of daily life whether we are at home, work, or visiting. May we have a healthy respect for the lives and personal effects of all people. Let those who have coveted come to repentance and contrition of heart, and may they reconcile themselves with their victims. We thank You for instructing us with holy commandments of love for God and neighbor because they fulfill the precepts of the Old Law. O Jesus our Illuminator and Guide, listen to the prayerful voices of Your servants and quickly have mercy on us.

October 11 - Faith

O Jesus, You told us that many of the prophets and righteous men longed to see what we have seen, and to hear what we have heard, and did not hear. May we put our faith into practice everyday of our lives. Remove the heavy weight of doubt within our souls and minds. Help us to say to our mountain of disbelief, "move," and through Your divine grace it would be accomplished. Deepen our trust in You. If we have doubted in any way about Your loving-kindness towards us, pardon and forgive our transgressions. As You allowed the Apostle Thomas to touch Your life-giving side without being harmed, enable us to come to You through reception of Holy Communion without being burned. May we not sink into the sea of despair like the Apostle Peter as he walked on the water with You. Bless those who have yet to accept the Gospel and unite them into the fellowship of believers. O Lord, be with us, now and forever, as we humbly cry to You, to have mercy on us.

October 18 - Hope

O Christ, our only sure Hope, our souls wait for You because You have been our help and shield. We acknowledge You to be the Lord of all things, both in heaven and earth. We believe in the promise of eternal life that You spoke of in the Gospel, and that You opened Your Kingdom to all believers. We reaffirm our longing to be with You where there is neither sickness, sorrow, or mourning. You have known us from our mother's womb, and have placed upon our hearts an innate desire to know You more perfectly and to seek the eternal bliss of heaven. We expect the resurrection of the dead at the end of this world. Since You fulfill the desires and dreams of all those who run to You in faith, drive far from us, O Lord, all despondency and despair. Renew our faith entirely. Fill us with Your mercy because we have placed our hope in You. O Jesus, our Anchor and Savior, fill our mouths with the praise of Your glory, that we may sing to You from the depths of our hearts, and graciously have mercy on us.

October 25 - Love

O Jesus Christ our Lord and Savior, in Your love for the human race, You died on the Cross for the sins of the world, past, present and future. You destroyed the ancient curse of death and restored life to the world. You said in the Gospel, *"By this all the world will know the truth, that you are My disciples, if you have love for each other."* Though it is sometimes hard to see Your Face in a darkened world, do not let the coldness of hate enter our hearts and souls. As You forgave those who put You to death on the Cross, let forgiveness be on our hearts and souls for those who persecute the Church. Help us to love our enemies, even though humanly speaking, it may be difficult. May we resolve with Your assistance, to lay aside all malice towards others, and allow Your grace and healing to abound within all Your people. Let our love for each other help unite others to You. Increase our love for all those within the "household of faith." O Lord, our Life and Example, hear the prayers of Your children praying to You, and have mercy on us.

Ray Mastroberte

ADULT RELIGIOUS EDUCATION

Many parishes try to have religious education for adults. Unfortunately, after a few weeks, only a few people attend or some fail to start coming at all, since they do not want to commit themselves. Taking these and other excuses in mind, these guides were formulated for a discussion group called The Twelve.

The Twelve

Guides for The Twelve:

1. The Twelve will be a discussion group.
2. There will be no formal membership or dues.
3. The Twelve will consist of Orthodox believers.
4. No age limitation will be set.
5. Each Sunday a sheet will be placed on the bulletin board with the topic for the week listed, as well as the date, time, place of meeting, and the name of the leader.
   a) This sheet shall have room for 12 names with phone numbers.
   b) Any person interested in attending the meeting as stated will sign their name.
   c) Once signed, if the person cannot attend, they will send a substitute.
   d) The discussion will start and conclude promptly at the time stated.
   e) Only 12 signatures can be accepted.
6. It will be noted that membership in The Twelve is on a weekly basis. Each meeting should see some new faces and some faithfuls.

7) If twelve signatures are not attainable for a meeting, it will be canceled and those who already signed will be notified by phone.

8) Topics opened for the discussions will be those in which there is an interest. If you wish a certain topic discussed, kindly place it in the envelope provided under the signature sheet.

9) A token payment will be asked for the refreshments.

10) For further information, call the rectory.

SEVEN DANGER SIGNALS OF SPIRITUAL CANCER

1. AN UNUSUAL preoccupation with self; over-emphasis in conversation about I, me, we, us, mine, ours.
2. A LUMP or thickening in the wallet or bank account without regard for the great need of others.
3. A SORE FEELING of anger or resentment that persists and does not heal.
4. A CHANGE in prayer life and attendance at worship, from regular to irregular.
5. A FEELING of uneasiness when matters relating to God, Christ and the Church are mentioned.
6. INDIGESTION or difficulty in swallowing Christian thought, or any reference to commitment or stewardship.
7. A CHANGE in size, color, or complexion when asked, "Are you an active, participating member of your church?"

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I certify that the statements made by me above are correct and complete.

Fr. W. Basil Stroyen, Ph.D., Editor

Dabs of Thoughts

Halloween is the second biggest selling season for mass retailers after Christmas.

It is said that if we cannot hear the voice of God in our lives, it is not because He is not speaking; it is because we are drowning Him out with so much other useless noise. The Bible tells us that even Jesus had to find a quiet place when He needed to refocus. In the same way, you can find your own place of solitude to connect with our Lord and tap into one of the world's most awesome powers: silence.

The only known person in Alaska who remembered the "Baranof Song" was John Panamarkoff, former choir choirmaster of St. Michael's Cathedral in Sitka, Alaska. He was encouraged to record this unique Russian Promyshleniki Song, which was written in Sitka in 1808. It relates the story of Sitka in the early 1800's during the time of the Russian rule under Baranof. Mr. Panamarkoff said that the song was sung on many occasions in the Old Orphanage. He especially remembers the big Alaska Day celebration in 1903 and in 1923. The song is still sung on Alaska Day on October 16 on the spot on Baranof Hill where the Baranof Castle was located years ago.

The Protection of the Holy Virgin is not one of the 12 Holy Days, but it is one of the most beloved Holy Days among the Russians. The OCA Cathedral in New York was dedicated to the Holy Virgin Protection (Pokrov).

The first duty of a Christian, of a disciple and follower of Jesus Christ, is to deny oneself. To deny oneself means: to give up one's bad habits, to root out from the heart all that ties us to the world; not to cherish bad desires and thoughts; to quench and suppress bad thoughts; to avoid occasions of sin; not to do or desire anything from self-love, but to do everything out of love for God. To deny oneself, according to the Apostle Paul, means to be dead to sin and the world, but alive to God.

St. Innocent "Indication of the Way"

Freedom is not the right to do as you please, but the liberty to do as you should.

He who offends against Heaven has none to whom he can pray.



EDITORS' NOTES

The Carpatho-Russian language has very expressive names for the months of the year. If we did the same in English, surely this month would be called the Golden or Beautiful Month. The changing leaves with their varied colors are truly a miracle.

I received notice that my lodge – Russian Orthodox Catholic Women's Mutual Aid Society – had need to merge with another lodge. They chose a Slovak lodge after studying many others. They chose this lodge because they felt that it best served what they wanted. This brings to mind that the FROC is no longer to be known by that name, it is now FOCA. The R in FROC 'sverbelo" "itched" many who worked untiringly to remove it. It would seem that such an unpopular change will not benefit the FOCA. People join an organization not because of its name, but whether it fits their needs and wants. Mr. Chesterton said: "Before a wise man takes a fence down, he asks why it was built in the first place."

We are receiving the Easter Basket covers bit by bit from Europe. We beg everyone who we know will be visiting to bring them for us. It was good to receive the following note: "Words cannot express my feeling at the beauty of the cover. For one thing, it brought back memories of the bedspread my mother embroidered 70 years ago. I immediately pulled it out of the chest to compare. The cherubs and wreath were identical to the ones on the cover. Same position, etc., I marveled at the likeness of the two. It was a glorious feeling."

We also received phone calls and notes on the Heritage article. "I have never heard (the problems in Ukraine) expressed as clearly as in your article." Most notes wrote that they were saddened at the situation, which they know is only getting worse. One person sent us a clipping which said: "In August, Ukrainian Prime Minister V. Pustovoitenko began a crackdown on tax delinquents to collect the $3.5 billion the government is owed. The centerpiece of the campaign is to call the top 1,555 tax scofflaws, mostly business executives, to a military base near Kiev to live for an undetermined time in tents, to listen to lectures on civil defense preparedness for natural disasters until apparently out of sheer boredom they decide to pay up."

Last month, September, was the first one in about five years that we have not spent in the Carpathians. We miss the friends we have made, but, God willing, we will see them next September.

Next month, we will have a column with gift ideas for yourself or others. Time to order for St. Nicholas Day!

God Be With You.

The Stroyens

WINTER'S GRACE

If we are to be ready to meet the Lord in our lives and deal nobly with the unexpected, we have to free up our psychological and spiritual energy. We cannot allow it to be used up in negative ways.

One of the worst ways we waste energy is by holding grudges. Other spiritual weaknesses such as jealousy or greed can come and go, leaving us times when we are happy for others and generous with our time and goods. Grudges, however, hang on. They tie up our inner energies in a way that almost nothing else can.

People who nurse grudges are too preoccupied to devote much time to preparing for Christ's coming. That's why grudge-holding is such a big roadblock to salvation. Some people make lasting promises to themselves never to forget (much less forgive) an unkind word, a silly spat, a thoughtless remark. They put on sulky faces, purse their lips, and keep a mental list of all wrongs done them on ready recall. Nursing a grudge puts terrible strains on marriages, nervous systems, digestive tracts and neighborhoods.

Worst of all, perhaps, grudges last from generation to generation. It is amazing how quickly children pick up the knack of nursing a grudge, perhaps because grudge-holding is basically a childish response.

"Loving Father, free our hearts from all ugliness and bitterness. Help us to let go of the grudges we might be holding against another. Transform our childish ways into childlike trust and keep us in Your care. Amen."

ICONS

Six months ago on the First Sunday of Great Lent, we observed Triumph of Orthodox Sunday or Restoration of Holy Icons. This month we commemorate the Fathers who participated in the Seventh Ecumenical Council, which was held in Nicea in the year 787, which defended the practice of venerating God and His Saints through the use of holy icons.

What was this controversy all about? Why the bitterness against the use of icons?

There were two periods of prohibition: one was from the year 726 to 787, the other from 813 to 843. During this time, those who supported the veneration of icons were persecuted. They were executed, tortured, imprisoned and had their property confiscated. Many magnificent icons were broken, burned, painted over and degraded. Invaluable monuments of Christian art were destroyed, and many churches were either whitewashed or had their icons painted over with birds and animals. We can still see vestiges of this in carvings on iconastes, where we can find carved peacocks, which are a symbol of royalty.

Like most controversies, this one was between two groups with strongly held opposite views. One side, which includes the non-Christian leaders of the area, felt that the use of images was just another form of pagan idol worship and an abomination to be eliminated; while the Christians were at the point where it almost became idolworship, where they were worshipping the icon instead of the person depicted.

Into this controversy came St. John of Damascus as a mediator. He lived outside the borders of the Empire and was free to write three great treatise, defending the use of icons and attacking those who destroyed them. (The treatise are available in printed form and on the Internet.) The Council used some of the information from these treatise in the discussions and declared "that devotion to the cult of the sacred images was legitimate and explained that the veneration of the image is directed to the person depicted and not to the image itself."

Ultimately, the defense of the holy icons is a defense of the incarnation of Christ and His redemptive work in which all creation was freed from the bondage of sin and death. Jesus Christ, took on Himself our human form in order to lead us back to God, the Father.

* * * * * *

Spiritual growth soars up when we have prayed up, made up, and said up.



Lemon dill sauce – in Sweden it was used with lamb, in Czechoslovakia it was used with beef, in Finland it was used with whale, and in Ukraine it was used with chicken. We've enjoyed them all.

MEAT IN LEMON DILL SAUCE

2 lbs. lamb shoulder or leg
3 cups water
1 small onion, sliced
10 peppercorns
4 sprigs fresh dill
3 Tbls. chopped dill
1 bay leaf
1 1/2 teas. salt
2 Tbls. butter
3 Tbls. flour
1 egg yolk
1 teas. sugar
1 Tbls. lemon juice

Trim fat from meat. Cut meat into 1 inch cubes. Put into heavy pot with water, peppercorns, dill sprigs, bay leaf and salt. Bring to boil. Reduce heat to simmer, cover, and cook until meat is tender, about 1 hour. With slotted spoon, remove meat from pot. Strain the broth and save. Melt butter in the same heavy pot. Add flour, cook for 1 min. Gradually add the hot, saved broth. Cook 5 min. Stir constantly until thick. Combine egg yolk, lemon juice, sugar and chopped dill in a small bowl. Slowly add 1/4 cup of the thickened broth; mix well. Gradually add this to thickened broth in heavy pot. Cook, while stirring, for minute. Do not boil. Add meat. Heat thoroughly. Serve with boiled potatoes. Garnish with fresh dill, if desired.

Note: You can try other meats; however, next month I will give the recipe for beef with lemon dill sauce and the dumplings on which it was served to us in Prague.

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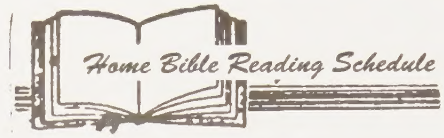
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OCTOBER 1998

1	Mark 11:27-33	17	Luke 15:17-26
2	Mark 12:1-12	18	**Luke 6:31-36**
3	Matt 25:1-13	19	Luke 6:24-30
4	**Matt 15:21-28**	20	Luke 6:37-45
5	Luke 3:19-22	21	Luke 6:46-7:1
6	Luke 3:23-4:1	22	Luke 7:17-30
7	Luke 4:1-15	23	Luke 7:31-35
8	Luke 4:16-22	24	Luke 5:27-32
9	Luke 4:22-30	25	**Luke 7:11-16**
10	Luke 4:31-36	26	Luke 7:36-50
11	**Luke 5:1-11**	27	Luke 8:1-3
12	Luke 4:37-44	28	Luke 8:22-25
13	Luke 5:12-16	29	Luke 9:7-11
14	Luke 5:33-39	30	Luke 9:12-18
15	Luke 6:12-19	31	Luke 6:1-10
16	Luke 6:17-23		

LET'S BE GRATEFUL
FOR "BAD THINGS" TOO!

It is the Sunday of Thanksgiving. The Gospel Matthew 15:21-28 speaks of the faith of the Canaanite woman who would not be discouraged even though it appeared that Jesus did not want to help her. He appeared to reject her requests that He heal her daughter.

Perhaps because of her great need this woman was able to see deeply into Jesus' heart and could see by faith that this was only a test and that finally He would indeed grant her her prayer. She was right!

Sometimes in our life we also have trials and we are tempted to turn from God in despair. But it is just at such times that it is important to not let go of our support which truly **is** God!

To help us in such tests and trials it is good to practice thanking God for the things that do not appear to be good – for "bad things." It is just as in learning how to love: Jesus tells us to love our **enemies!** That is because if we are able to make at least a little progress in that direction we shall end up being able to love well those around us – those we truly **want** to love. And we may also discover that in reality we do not **have** enemies!

If we can learn to thank God for things that appear to be bad, we shall find the strength to believe that **in everything** God is working for our good (Romans 8:28) and we shall live in the victory of faith and serenity. Let's not be discouraged! We shall find that God truly **is** good and always meets our needs. And we shall expand in our spirits, our minds and our souls.

Very Rev'd Dr. Ihor Kutash

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Faults are thick when love is thin.



THE BABAS TAUGHT ME

On the sketch above we see a typical baba going into a cemetery to say a prayer for a loved one. Which reminds me of a conversation I had with the baba I drive to church for services. She asked me if I was going to church on Dimitri's Saturday and if I had brought my hramota up to date. I asked her what a hramota was. She replied that it was a pomenki. That still didn't ring a bell. Then she explained to me that it was a sheet of paper left in a book in the church in which is listed all the dead members of the family. She said that many churches also have a page for the living. These lists are called diptichs in English. They are usually updated for the first Soul Saturday, which falls on the second Saturday of Great Lent. At this time we request that our list be read on the other Soul Saturdays, one of them is on the Saturday before St. Dimitri's Day, which is Oct. 24/Nov. 7. I had to admit to Baba that I did not know about the lists kept in the church. I called the priest, who said he would check. I found that my parents had a diptich in the church. I asked for it the last time I was at a church service. I took it home, updating it – it was hard taking my parents off the living list and putting them on the list of the dead.

Perhaps, most babas do not look like the one in the sketch, but we most certainly should observe the custom of praying for our dear ones.

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